



Travel Does Not Have to Equal Weight and Flab Gain

Traveling soon...

Are you going on vacation or a business trip? Are you going to be away from the gym or rehabilitation clinic? Many times this causes worry and stress over possible setbacks in your physical fitness level. Travel results in an interruption of our daily routines, sleep patterns, and diet. However, just because we go away from our home gyms, does not mean that we have no control on our exercise and rehab programs.

In order to keep control we first have to gain control through careful planning. Plan on exercising when you first arrive at your destination. This will help set the groundwork for the rest of your stay. However, you will have to make adjustments, and most likely you may have to do an all together different workout than what you are familiar with. *You must be flexible!* Accept the fact that yes, progression is wonderful, but maintenance of your current fitness level (both strength and cardiovascular) is also good, and much easier to do than building on it. As few as one or two moderate workouts a week can maintain your present fitness level. Actually, if you typically workout at an intense pace, slowing down your routine and trying a new form of exercise may be exactly what you need to rejuvenate your body; it may even lead to increasing your productivity in the weeks after your return.

To start yourself off on the right foot call your hotel ahead of time. Find out the fitness availability at your hotel and even in the surrounding area, such as pools, local gyms, fitness trails, and recreational parks. Find out any helpful information you can and then plan accordingly. But most importantly pack with the intent to workout; bring a swimsuit, as well as indoor and outdoor exercise clothing.

Being away from the gym, the rehab clinic, and all of the state of the art equipment, does not automatically give you an excuse to slack off. *Remember the basics and be creative.* Pack a mini gym for your trip and include things such as ankle weights, handgrips, a jump rope, theraband (rubber exercise tubing), hollow plastic weights that could be filled with water or sand (empty milk jugs will also work) and audio or videotapes that guide you in exercise programs.

Exercises such as jumping jacks, push ups, lunges, and crunches are great exercises to do and do not take a lot of room. Also, get creative and utilize what you have in your hotel room. Other effective options include dips between chairs. To strengthen your legs try straight leg raises, in all four major directions to work your hip flexors, hip extensors, and your inner and outer thigh. Also for your legs and glutes try wall squats, your basic squatting motion while using the wall for support. When doing push-ups, try incline and decline push-ups to vary the difficulty or work different muscle groups. Remember to include stretching into your routine as well.

A few "fun" alternatives...

- rent roller blades or a bicycle to enjoy the local sites
- have someone at the hotel help you plan a scenic walk or jog around the area
- go out dancing at night
- seek exercise opportunities at all times: take the stairs, walk the hotel hallways, airport terminals, and to and from appointments and tourist attractions when ever possible

Cautions...

1. Be aware of your surroundings and possible dangers.
2. If running on the road be conscience of the fact that concrete is tough on weight bearing joints and if your body is not accustomed to such a hard surface, you should slow down your pace and/or amount of time running in an effort to avoid injury and soreness.
3. If you are going to use exercise equipment or machines whether at the hotel or an area gym, realize that using unfamiliar facilities and possibly inferior machines, especially while fatigued, tends to lead towards sloppy form and increases your chance of injury.

Above all...take care of your bodies while you are away from home and remember to have fun and enjoy yourself and the change of scenery. J

For more information...Contact RehabWorks at 7-7497 or the Fitness Center at 7-7829.

Sources:

<http://www.physsportsmed.com/issues/1998/04ppr/travel.htm>

[wysiwyg://2/http://www.fitnesslink.com/outdoor/fithabit.shtml](http://www.fitnesslink.com/outdoor/fithabit.shtml)



KSC Fitness Center Activities

September

National Cholesterol Awareness Month

Desktop Yoga: Are you suffering from aches and pains associated with working at a computer or sitting at a desk? Is work causing you stress? Then "Desktop Yoga" is perfect for you. By attending the "Desktop Yoga" seminar, you will learn easy breathing techniques and yoga exercises that can be done at your desk. "Desktop Yoga" is a new and innovative form of yoga that can help solve everyday problems. Please call 867-7829 to sign up.

September 13th - Cholesterol and CVD screening at the OHF from 7:00am - 8:00am

September 14th - Cholesterol and CVD screening at the Cape Canaveral Air Force Station Medical Clinic from 7:00am - 8:00 am

October

National Breast Cancer Awareness Month

October 11th - Cholesterol and CVD screening at the OHF from 7:00am - 8:00am

October 12th - Cholesterol and CVD screening at the Launch Area Medical Clinic (MFF) from 7:00am - 8:00am

2000 Fall Intercenter Walk/Run: Watch for details about the 2 mile walk/run, 5K run and the 10K run at the Shuttle Landing Facility coming in November! T-shirts may be ordered at any NASA Exchange. Everyone is welcome and volunteers are needed. Please call 867-7829 for more information.

For Your Mind...

Give Your Brain a Memory Boost

No matter what your age, you can maintain your memory by:

Exercising your mind. Using your brain helps keep it strong. Involve yourself in at least one intellectual pursuit each day whether it's reading or working a word puzzle.

Working your body. Physical activity increases blood circulation to the brain, reduces stress and stimulates the production of proteins called cytokines that aid memory.

Playing mind games. Games activate the part of the brain responsible for judging visual cues and making spatial relationships - one of the first abilities to fail with memory loss.

Writing things down. There's nothing incompetent about using a list or note to remind yourself of something. Personal planners and calendars can also help.

Source: Total Wellness

Success Story

Doug Chastain

Employer: InDyne, Inc.

Age: 46

Height: 6'3



In the summer of 1999, my weight went over 300 pounds. During the 1990's my weight fluctuated between 240 and 280 pounds. I tried to diet but I kept falling back into my old eating habits which included a lot of fat, processed foods and beer on the weekends. I was on medication for both high blood pressure and elevated cholesterol. I had problems with chronic joint pain, particularly in my lower back and knees, shortness of breath, chronic fatigue and my wife complained about my loud snoring. I knew I needed to do something about my lifestyle.

I started going to the KSC Fitness Centers and talked to the staff about an incentive program I found on the internet that I was interested in. This program included weight training, cardiovascular exercise and a low fat diet. The staff gave me a tremendous amount of advice and encouragement about what I needed to do to achieve my goals. In the beginning, I alternated days with climbing stairs for the motivational program, Hike for Health, offered at the KSC Fitness Center and weight training.

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WEBSITE: <http://fitness.ksc.nasa.gov>

After losing my first 30 pounds, I incorporated cardio daily.

From August 1999 to May 2000, my weight went from over 300 pounds to 197 pounds. I lost over ten inches from my waist and my body fat decreased by 25%. I have since adjusted my training and diet to maintain my weight at a comfortable 210 pounds. I no longer need to take medication, I do not suffer any joint pain, I haven't even had the slightest of a cold, and my endurance and energy levels have dramatically increased. (I spent my vacation hiking in the Smokey's, something I would not have been able to do a year ago.) And to my wife's delight, the frequency and intensity of my snoring has also decreased.



I am regularly asked what my "secret" was to losing so much weight. The key word is consistency. You need to set aside a certain time everyday to exercise and make it a habit. Tremendous improvement can be made on just 30 minutes/day, alternating days of weight training with cardio. Your diet must also be consistent, including low calorie, high fiber foods. Most importantly, have confidence in yourself and realize that everyone is different. It took me nine months to lose my weight. Also, it is natural for your confidence to wane occasionally, and if you cheat on your diet or skip a workout, that's okay. Forget about it and carry on. Remind yourself how good you are going to look and feel when you accomplish your goals.

Why has yoga become so popular among active individuals of all ages?

Here's why...

Active individuals are accustomed to using their bodies and muscles vigorously on a regular basis. Stretching and breathing exercises help people maintain their bodies and should be practiced in conjunction with strenuous activity. When regular stretching is neglected, strenuous activity strains the muscles, joints, and tendons and accumulates in the body. This accumulated tension has forced many active people to give up their favorite sport or activity as a result of some type of injury or permanent damage.

Kokila Patel, a registered physical therapist explains how minimizing stretching, negatively effects the body, and

how truly vital it is in order to condition the body. "To perform well, the body needs to regularly go through its natural range of motion, keeping joints lubricated and muscles toned. For example, most lower back pain and injuries are directly related to tightness in the hip flexors, abductors, rotators, quadriceps, Achilles tendon and calf muscles due to the lack of stretching and mobilization. This neglect often leads to back sprain, herniated disc and sciatica. It is very important to athletes, injured performers and others to stretch properly. Stretching should be gentle, easy and pain-free..."

Athletes, dancers, weight lifters, body sculptors and other active individuals who incorporate yoga techniques in their activities discover that the benefits go beyond the effects of simple muscle stretching. These techniques are essential in eliminating stiffness, improving coordination and preventing injuries. Moreover, yoga helps balance mental, emotional and physical energy, thereby improving concentration and endurance. Overall, yoga helps active people release the accumulated emotional and physical tension that is stored in the body as a result of daily stress and strain.

In addition to the these benefits, the gentle nature of yoga stretches make them perfect to utilize as preventive and healing measures for various injuries athletes frequently encounter. Most of the lower back pain and injuries active individuals experience are directly connected to tightness in the waist, hips and legs. The combination of backward and forward bending postures along with hip-stretching poses are ideal for toning and strengthening this group of muscles.

For example, Achilles tendonitis (inflammation of the large tendon at the back of the heel) can be prevented by practicing the ankle flex, mountain pose and hip stretches. An excellent preventive method for chondromalacia (softening of the cartilage under the knee cap), is stretching the quadriceps, hamstrings and calves by practicing forward bending and standing balancing poses. Similarly, other injuries such as plantar fasciitis (inflammation of the tissue in the bottom of the foot) and shin splints (inflammation of tendons on the inside of the front lower leg) can be prevented or healed by utilizing the ankle and toe stretch, standing balancing poses and healing visualization techniques.

Students who are involved in active sports such as skiing, scuba diving and weight lifting, assert that yoga has not only given them extra muscle conditioning and development beyond what their regular activities had provided them, but it has also prevented the recurrence of old injuries. Yoga has and continues to allow them to be active individuals by improving their overall fitness and state of mind. The KSC Fitness Centers offer Yoga classes in the O&C Aerobics Studio on Monday nights at 5:00p.m. References: Yoga for Active Individuals and The Power of Conscious Breathing in Hatha Yoga

Working the Muscles

Warm-Ups and Weight Training for Runners

One of the most effective ways to enhance running and to prevent injury is through the use of general and specialized weight training. There are other methods, too, and many of these are excellent for preventing injuries. They include:

- 1) Stretching before running, but after a few minutes of walking to warm the muscles. Stretching should be active not static. In essence, you should stretch the muscles to make them more functional so that they are ready for performing the task needed in the run and not merely "loose."
- 2) Begin your run at a slow pace and gradually build speed. This can replace the traditional warm-up because it gets your body fully prepared for running at your usual pace.
- 3) Increase in running speed should be relatively small and done gradually. During a run, the muscles become accustomed to a particular pace. Quick changes disrupt the neuromuscular coordination and can result in injury especially when strength levels are low.
- 4) Increases in distance should also be small and gradual. When your muscles become accustomed to working at a certain rate for a specific period of time, your body adapts to it in a safer manner. When you drastically increase distance, your body is not able to handle the increased workload and it begins to break down under the strain.

Do Exercises That Mimic the Action of Running

The above steps can be put to use just before a run. Over a period of time, however, one of the most important ways of preventing injury and simultaneously enhancing your ability to run farther and faster is through weight training. The point of weight training is to develop the muscles used in running in a manner similar to the way they are used in that activity. If you want to see dramatic changes, do exercises that mimic what occurs in the running stride. The strength that you gain will have an immediate effect on your performance and capabilities and prevent common injuries.

Stronger Muscles Mean a Stronger Run

More specifically, increased levels of strength, flexibility and other physical qualities to lead to:

- 1) Improved neuromuscular coordination. Although running is often considered a natural activity, how you run plays a major role in the speed of your run as well as how safely you run. The greater your physical abilities, the greater your coordination and the more effectively you can execute the proper movements involved in running.
- 2) With greater strength, your muscles are capable of withstanding greater forces. Even if your technique is poor, greater levels of strength will enable you to

handle the forces experienced while running at high intensity. For example, if you are a heel striker, the stress placed on the joints is extremely high. Greater strength in the ankle, knee and lower back can help prevent injury if you are a heel striker.

- 3) Improved strength can enhance your performance by improving stride length and stride frequency which are the keys to increasing speed. With greater strength of the hip flexors, you will be able to drive the knee faster and farther to increase stride length. When your push-off is more forceful you cover more ground during the flight phase of your stride. Increased strength of the hamstring muscles allows you to bring the upper leg back faster when making contact with the ground, which in turn propels your upper body forward to increase stride length.
- 4) With greater levels of muscular endurance and strength, there is less muscle fatigue. As a result, effective technique is maintained for a longer period of time. As fatigue amounts, stride length and stride frequency decrease. Even a small decrease in stride length over a long distance can add a lot of time to a run. The ability to maintain the same technique, and thus maintain the same running speed, throughout a race is one of the hallmarks of high-level running.

Source: Peak Running Performance

Trick or Low-Fat Treats

Try something different this Halloween
Hand out low-fat goodies!

- Cereal boxes (single serving)
- Pretzels or baked chips
- Dried fruit
- Sugar-free gum
- Lifesavers or lollipops
- Fortune cookies
- Licorice
- Jelly beans
- Gum drops or jelly candies
- Low-fat cookies (single servings)
- Low-fat granola or cereal bars